

### ABSTRACT

A vertebral disk prosthesis with at least one member that has lateral portions coupled to each other and structured to move between contracted and expanded positions. In the contracted position, the member has a first lateral width and the end surface is narrower than the lateral width of a vertebral body of a patient. In the expanded position, the lateral portions are disposed such that the member has a second lateral width that is larger than the first lateral width and the axial end surface is configured for supporting and abutting the periphery of the body at least on both the lateral sides thereof. An expansion member is disposed between the lateral portions and configured for moving the lateral portions to the expanded position. The prosthesis is preferably also axially expandable. A method and tool for inserting the intervertebral disk prostheses are also provided.